

Michigan Department of Community Health

Recovery Council Meeting  
Friday, November 21, 2008  
10:00 am – 3:00 pm  
LCC West Campus Facility  
5708 Cornerstone Drive, Lansing  
(517) 483-9300

Meeting Minutes

- I. Recovery Council Members present: Patrick Baker, Stephen Batson, Joel Berman, Gerald Butler, Rich Casteels, Risa Coleman, Patti Cosens, Norman DeLisle, Jean Dukarski, Cheryl Flowers, Andria Jackson, Colleen Jasper, Amelia Johnson, Irene Kazieczko, Sheila Kennedy, Pam Landry, Marlene Lawrence, Rue Morad, Fran New, Brenda Nyhof-Dunn, Donna Orrin, Deb Parker, Fawn Preston, Marty Raaymakers, Ellen Rothfuss, Phil Royster, Pamela Stants, Wally Tropp, Kathleen Tynes, and Pam Werner.
- II. Recovery Partners present: Kendra Binkley, Kris Burgess, Marci Cameron, Karen Cashen, Patty Degnan, Deb Freed, Michael Head, Michael Jennings, Carmela Kudyba, Georgia Reyes, Felicia Simpson, Margaret Stooksberry, Tison Thomas, Kim Zimmerman, Patti Freese, Joan Fagan, Stephanie Harris, Rosie Corliss, Deborah Reynolds and Marquitta Massey.
- III. Announcements
  - a. Phil Royster was at alternatives conference and was struck by how far ahead we are in Michigan.
- IV. Recovery Stories
  - a. Gerald Butler – new person in the Recovery Band. She was shy and was told she would always be institutionalized and never get better. Since she has been with the band she has grown tremendously. She recently sang at a conference and brought tears to people's eyes. The band is all about peer support, and this is an example of how peer support helps people.
  - b. Marty – the peer training really gave her the tools to improve her recovery.
  - c. Marlene Lawrence – Battle Creek Share Center, whole health initiative person hadn't seen a doctor in 19 years. They got her to a doctor. She is really looking forward to when we can roll this out to the whole state of Michigan.
  - d. Margaret – she has found a house that she can afford without subsidies.
  - e. Brenda Dunn – really happy about her position of being the first person that people see and make contact with people to make them aware of peer support.
  - f. Deb Parker – worked with a woman on ACT and showed her what peer support is all about. The woman recently got a job.
- V. Director Update: Mike Head

- a. Budget – probably going to go through some budget cutting. In the short run, the cuts won't affect services.
- b. Create an Anti Stigma Council. Working on a position paper. Appoint the Council sometime in January. Looking for strong consumer leadership. Sees the people that are involved with the Recovery Council as being key roles for this Anti Stigma Council.
  - i. Kathleen Tynes says the Council needs to address lesbian and gay issues as well.
  - ii. Cheryl Flowers – when you have a diagnosis but also have a college degree or go back and get a degree there is still a stigma we face and it is hard to get hired. The people that are hiring just see the diagnosis and not the whole person with a degree and pass them over for positions.
    - 1. Mike says the work of the Recovery Council and of peers is significant in helping to change the system. But just interjecting peers into the big system isn't going to change the whole system.
    - 2. Jean - Limited number of peers working at the state level. Mike says that we have a limited number of people overall working at the state level. Jean - do you have plans to increase the number of peers working at the state level? Mike says plans are being developed, but he hasn't seen them yet. We're not opposed to it.
  - iii. OQ 45.2 – He did have some concerns about the questions. Mike doesn't see it as being a system-wide kind of tool. Mike says he won't make it mandatory for people to use. He is waiting for the Advisory Group to make recommendations.
    - 1. Marty – how do we make comments? Mike says you can make comments to me.
  - iv. Using block grant dollars to help people with mental illness utilize self-determination. Teach people exactly what an individual budget means and what our expectations are.
  - v. Marty – to the Council and to Mike Head – she has been involved with NAMI and smoking issues. Study coming out about people with schizophrenia and smoking. Michigan is not using the tobacco money for persons with mental illness. How can we get the tobacco money distributed to our area? 44% of the cigarettes consumed in Michigan are by people with mental illness.
  - vi. Cheryl – during the winter months could we start the meetings at 9:00 and end at 2:00? Discussion followed with people agreeing and some disagreeing; then Irene suggested **9:30 to 2:30** and most people agreed with that.

## VI. Approval of Minutes from September 19, 2008

- a. Page 8 b – a committee to make recommendations to the Department on where the Recovery Council is going (per Mike Head’s request) - does anyone else want to join this group? Let Pat Baker know if you do.
- b. Joel motions to approve, Patti seconds, and the minutes are approved.

VII. Many Faces-One Voice: The Michigan Disability Rights Coalition Recovery Video Story-telling Initiative – Norm DeLisle

- a. Make technology available to people. Sent proposals into AT&T and have been awarded two of them.
- b. Many Faces-One Voice – tell stories. Handout.
- c. International Conference on SD – group of people that do high end videos that were very impressed with the videos we created.
- d. Rich - have you thought about contacting anyone from the independent film festivals?
- e. Made it into the top 100 for non profits on YouTube.
- f. Norm will e-mail the presentation with black print so people can read the links. Marty wants the link to get the “feisty and noncompliant” sweatshirts too.
- g. The grant awarded was for \$25,000, and MDRC supplemented that.
- h. Rich - do you have the training packet put together? If we find some funding can we do this? Norm – yes and all the tools we used were free.
- i. Resources:

- i. MDRC MFOV Website:

<http://www.copower.org/manyfacesonevoice.htm>

MDRC YouTube Channel:

<http://www.youtube.com/user/MIDISRIGHTS>

UCP/M Life in Focus:

<http://www.youtube.com/user/MIDISRIGHTS>

MFOV Blog: <http://mfov.blogspot.com/>

Stories for a Change: <http://tinyurl.com/6yn2zy>

Zazzle Site: [http://www.zazzle.com/mdrc\\_feistywear/products](http://www.zazzle.com/mdrc_feistywear/products)

VIII. CMS Mental Health Systems Transformation Grant Meeting: Baltimore, MD – Pam Werner and Jean Dukarski

- a. Michigan used the \$300,000 to run the Recovery Council and at the same time we have used SAMSHA block grant dollars to fund peer support. Using money to roll out the REE and establish the Recovery Center of Excellence.
- b. Some states don’t have funding for their peer support specialists, and they were impressed that Michigan requires that peers be hired.

- c. Michigan showed strong outcomes. Recently we have been able to award 3 college credit hours for the peer training. Other states were impressed with this; no one else is doing this.
- d. Complexity of the Health and Human Services ecosystem.
- e. Jean
  - i. How we utilized our grant was much different from other states. They used the grant to fund their peer support initiatives.
  - ii. Oklahoma has 29 consumers employed in the whole state.
  - iii. Networking peers in the state. Jean thinks this is an area for Michigan to improve on. Support network for peers working in the system.
  - iv. Struck by how far ahead Michigan is in consumers involved at all levels in the state.
  - v. Other states were impressed with the Whole Health initiative that we have going on here.

#### IX. Michigan Recovery Center of Excellence: Rich Casteels

- a. Staff of the MRCE – thanks to the Department and Board Association for helping them to post the positions. Steve Batson is the new project coordinator, and Andria Jackson is the new peer support specialist. They will start on Monday. Andria says she is very excited and has come a long way in her journey. She is grateful for the opportunity. Steve says he feels professionally reborn and can't wait to start to shake things up.
- b. The website is up and running. [www.mirecovery.org](http://www.mirecovery.org). It is by no means done and there are still things they want to change.
  - i. Will eventually have a Recovery/Wellness blog attached to this site.
  - ii. If you have ideas about things you want on the site, please send them to Rich.
  - iii. News and events section. There is a button for suggesting news titled "Suggest News" and suggesting events titled "Suggest Events."
  - iv. Jean – can we have the Code of Ethics up there? Rich and Pam say yes we can.
  - v. Rich says that unfortunately we won't be able to post everything that you send to us. If it's relevant to Michigan's efforts in transformation, then we will post it.
  - vi. Please send us your comments and suggestions.

#### X. Recovering the Light: Suitcases and Dreams Since the Attic – Glen Taylor and Lisa Hotovy, West Michigan CMH System

- a. Inspired by the book, *The Lives They Left Behind: Suitcases from a State Hospital Attic* by Darby Penney and Peter Stastny.
- b. Many people involved. Community artists helped consumers make their suitcases. Consumer Advisory Panel.

- c. Darby Penney will be in Ludington January 16. They are very excited about this. The National Exhibit will be there too on display for about a month. The suitcases that West Michigan created will be on display with the National Exhibit.
- d. Pam says we will put all this information up on the Recovery Center of Excellence's website.
- e. Jean – do you have a toolkit? Lisa says we have a 5-page worksheet that guides you through. We have a group of people working with other people on making suitcases. But you don't have to use the worksheets.
- f. Glen's story
  - i. Glen gave a very insightful look into his journey and the making of his suitcase.
- g. Lisa thanked the Council for having them today and if anyone has any questions, please ask.

#### XI. Recovery Enhancing Environment Scale

- a. Handout.
- b. PPG document and the REE will be included in this. Draft of what CMHSP's would have to submit.
- c. Technical Group met with AHP, and Kathleen Tynes did a great job of summarizing the meeting and this information is being incorporated into the material. The Department is still finalizing and will be available soon.
- d. Consumer Surveyors will be trained and responsible for administering the REE. Job description on page 2 of the handout.
  - i. Will be working for the Michigan Recovery Center of Excellence.
  - ii. Will be managing the conflict of interest issue from a state level.
  - iii. The Michigan Recovery Center of Excellence is the fiduciary for paying the Consumer Surveyors.
  - iv. The first two agencies that will be doing this are Northern Lakes and Oakland County.
  - v. Deb Freed – target timeline for the pilot to occur? Irene – looking at January. December will be for finalizing the plan and logistics.

#### XII. 2009 Dates (all at LCC West) – Not all are on Fridays

- a. January 22
- b. March 20
- c. May 22
- d. July 17
- e. September 18
- f. November 20

#### XIII. Public Comment

- a. Many people voiced that the suitcase presentation was great.
- b. Recovery Council members should all make their own suitcases.
- c. Irene says we should have a suitcase retreat.

- d. Pat Baker – How will the Consumers get enrolled into the process? How will you get the names of the consumer surveyors? Irene says we would work with CMHs in identifying people.

XIV. Closing

- a. Irene thanks everyone for their participation in the meeting and wishes happy holidays to all.